

Training Plans • Marathon Intermediate



Training Plans • Marathon Intermediate



Week 1

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Week 1



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	Rest day.	5 miles. Long distance run at a conversational pace. 5x 20 second strides.	4 miles. Long distance run at a conversational pace.	4x 1 mile runs at tempo pace 1 minute recovery jog between each.	5 miles. Long distance run at a conversational pace.	4x 90 second hill walk with 1 minute recovery jog between each. 1 mile warm up and cool down.

Notes:

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace. 5x 20 second strides.	4 miles. Long distance run at a conversational pace.	3 mile run at tempo. 1 mile warm up and cool down.	5 miles. Long distance run at a conversational pace. 5x 20 second strides.	8x 400M with 400M recovery jog at 95-100 seconds. 1 mile warm up and cool down.

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Week 3



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12 miles. Long distance run at a conversational pace.	3 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	5x 1200M at tempo pace with 1 minute of rest between each.	5 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	6x 90 second hill walk with 1 minute recovery jog between each.
		5x 20 second strides.	10 minute warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace.	8x 400M at tempo pace with 400M reovery jog at 95-100 seconds.	7 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	5K road race or 3 miles at tempo with 2 mile warm up and cool down.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	

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Week 5



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
14 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace. 5x 20 second strides.	5x 1 mile runs at tempo pace with 1 minute recovery jog between each. 1 mile warm up and cool down.	7 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace. 5x 20 second strides.	5K road race or 3 miles at tempo with 2 mile warm up and cool down.

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Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace.	6x 800M at 3:25 pace with 3 minute recovery jog between each.	7 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	5 miles at marathon pace.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

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Week 7



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
16 miles. Long distance run at a conversational pace.	Rest day.	8 miles. Long distance run at a conversational pace.	8x 90 second hill walk with 1 minute recovery jog between each.	7 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	3x 2 mile runs at tempo with 2 minute recovery jog between each.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
13 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	6x 800M with 3 minute recovery jog between each.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	10K Road race or 6 mile tempo run at 7:30 pace.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
18 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace.	4x 1200M with 5 minute recovery jog between each.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	7 miles at marathon pace.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
2 miles easy, 9 miles at marathon pace. 1 mile cool down.	Rest day.	7 miles. Long distance run at a conversational pace. 5x 20 second strides.	10x 400M with 2 minute recovery jog at 95-100 seconds 1 mile warm up and cool down.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace. 5x 20 second strides.	10 miles. Long distance run at a conversational pace.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
20 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace.	8x 800M with 3 minute recovery jog between each.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	6 mile tempo run.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace.	8x 90 second hill walk with recovery jog between each.	8 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	Half marathon at marathon pace.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	Rest day.	5 miles. Long distance run at a conversational pace.	8x 800M with 3 minute recovery jog between each.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	10 miles at marathon pace.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
14 miles. Long distance run at a conversational pace.	Rest day.	5 miles. Long distance run at a conversational pace.	10x 400M with 2 minute recovery job at 90-95 seconds.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	2 mile run at tempo, 1 hour easy, 2 mile run at tempo.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

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Week 15



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles. Long distance run at a conversational pace.	3 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace. 5x 20 second strides.	5x 1 mile runs at tempo with 1 minute recovery job between each. 1 mile warm up and cool down.	5 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	15 miles at marathon pace. 1 mile warm up and cool down.

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Week 16

Week 16



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Rest day.	5 miles. Long distance run at a conversational pace.	4x 1000M at 4:15 tempo pace. 1 mile warm up and cool down.	3 miles. Long distance run at a conversational pace.	Rest day.	3 miles. Long distance run at a conversational pace.	Run your race!

Notes:
